



> 12 Recycling Christmas



> 20 A Christmas Angel

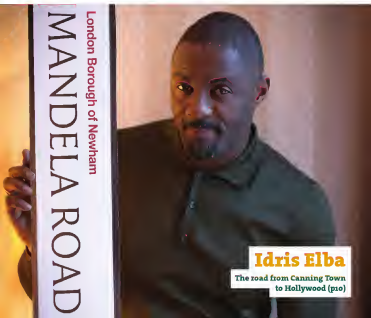


> 24

Christmas Gallery

thenewhammag

Issue 290 // 20 December 2013 – 17 January 2014 // Merry Christmas and Happy New Year



London Borough of Newham
MANDELA ROAD

Idris Elba

The road from Canning Town
to Hollywood (p10)

A&E is for emergencies only

An emergency is a condition that can cause loss of life or limb.

Self care

A lot of common illnesses can be treated in your home by using medicine and getting plenty of rest. It is worth keeping in your medicine cabinet some paracetamol or aspirin, anti-diarrhoea medicine, rehydration mixture, indigestion remedy, plasters and a thermometer.

Check your symptoms with the NHS Symptom Checker

Visit www.nhs.uk and answer a series of simple questions about your symptoms to help you find out what is wrong and what you should do next.

Pharmacy

Your local pharmacist can give you friendly, expert advice about medicines that can help with lots of common conditions. There is no need for an appointment. As well as dispensing prescriptions, they provide a range of services related to specific health issues and can advise on minor ailments such as colds, skin conditions and allergies. There are over 60 pharmacies in Newham and you can find your nearest one at www.nhs.uk.

Your GP

When you or your family are ill you can book an appointment to see a local GP. You can get the treatment you need at a convenient time and place and reduce the demand on emergency services. If you are not registered with a GP please visit www.nhs.uk to find your nearest GP practice.

Out-of-hours GP

When your GP is closed you don't need to go to A&E. Just call the out-of-hours GP to speak to a local GP during the night or on a weekend. The number is 020 7511 8880 so save it in your phone now!

For all your healthcare needs visit www.nhs.uk, dial 111 for urgent medical advice or visit a walk-in centre if you are not registered with a GP.





ment, children and a happy New Year. This is the final Newham Mag of 2013 and what an issue it is.

On page 10 we talk to Idris Elba about his film portrayal of one of the world's most respected people – Nelson

Mandela. Mayor Sir Robin Wales also pays tribute to Nelson Mandela on page 6.

There is useful health advice on page 9 and on page 20 we meet one of the nurses who will be working in Newham University Hospital's Emergency Department over the Christmas break.

Look out for our next edition for the new you in the new year.

Councillor Elie Robinson
Executive member for community affairs (North) and safeguarding

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

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IN BRIEF //

Housing service survey

Newham Council tenants and leaseholders who have been invited to share their opinions on the housing services they receive have until 30 December to return their questionnaires.

Survey forms have been sent to a large sample of residents to find out their opinions. The council needs as many people as possible to complete the survey so that it can be sure it has a complete picture of what people think of where they live.

If you have received a form, fill it in and return it to the address provided. If you do so you will be entered into a prize draw with the chance to win £200. All the information provided will be confidential.

East Ham library closure

East Ham Library, High Street South, E8, will close at 5.30pm on Tuesday 24 December. The thousands of books and other resources will then be moved to the new state of the art Customer Service Centre and Library on Barking Road, which opens in February 2014. Visit www.newham.gov.uk/libraries for more information.

Patients have their say

Newham Clinical Commissioning Group and the Forum for Health and Wellbeing are offering residents the opportunity to help make their local GP surgery better.

People who would like to improve the patient experience at their GP practice are invited to join their surgery's Patient Participation Group or support the surgery in setting one up. For information contact:

abdi.lesait@fhw.co.uk or call 020 7473 9510

>>> Campaign to protect pubs



Newham Council is to put pressure on the Government for more powers that could prevent the closure of pubs.

Councillors agreed a motion calling for changes to planning rules under the Sustainable Communities Act, which will mean any proposed conversion or demolition of a pub must be first considered by the council and residents.

Current planning laws dictate that pubs can be turned into fast food takeaways, betting shops, supermarkets or pay day loan companies without planning permission.

Councillor Ian Corbett, executive member for infrastructure and environment proposed that the council supports the Campaign for Real Ale, who are leading the call for planning permission and community consultation to be required before any pub is converted.

He said: "It is only right that residents and the council have a chance to determine if pubs should close or not. We must have a degree of control."

Mayor proposes Council Tax freeze

Mayor Sir Robin White has again indicated that Newham residents will not be asked for a penny more in Council Tax for the sixth year running.

In his initial budget proposals approved by the council's Cabinet, the proposed freeze would mean properties in Band D continuing to pay £345.63 to cover the Newham element of Council Tax - the same level since 2008/9. It is also expected that Newham would continue to have the lowest Council Tax in Outer London.

Sir Robin said: "We remain under the cosh from the savage reductions in funding from the Government but I remain committed to protecting the services that residents say are important to them and that change people's lives for the better."

The Mayor's final budget proposals will be considered by the full council in February.



News

Sculpture plan is approved

Newham Council's Strategic Development Committee has granted planning permission for a bronze sculpture in Stratford to honour legendary director Joan Littlewood.

The sculpture on a stone base can be erected outside Theatre Royal Stratford East. It will be made by acclaimed artist Philip Jackson.

Littlewood, who died in 2002, brought her Theatre Workshop Company, which performed shows aimed at working-class audiences, to Stratford in 1963. The sculpture will be based on a photograph of her sitting on a tuble outside the theatre in 1967 when the area was being redeveloped.

Mayor Sir Robin Wales and actress Barbara Windsor recently launched a campaign to fund the sculpture. Sir Robin said: "It will give Stratford a feature that will link to its rich history and provide a fitting memorial to a radical figure that put Theatre Royal Stratford East on the global stage."



Sir Robin Wales and Barbara Windsor with a model of the sculpture.

Purge on metal dealers

Scrap metal dealers were targeted by Newham Council's enforcement officers and police as part of the council's borough-wide rolling Operation Ohio crackdown on crime and anti-social behaviour.

The Scrap Metal Dealers Act 2013 makes it a statutory requirement for all scrap metal dealers to be licensed by the council. Eight vehicles were stopped in streets in Canning Town to see if they had licences to collect metal.

The occupants of two vehicles were warned for not having licences. One vehicle was seized by police for not having business insurance.

Councillor Ian Corbett, executive member for infrastructure and environment, said: "We want to work with good scrap metal operators and drive the bad ones out of business."



This vehicle was checked and was licensed.

>> Close shave is for good cause

Newham councillor Sheila Thomas said goodbye to her hair as she had her head shaved to help collect gifts for people staying in hospital over Christmas.

The Plaistow South ward councillor volunteered to lose her famously pink highlighted locks in exchange for donations of clothes, books, and toiletries for patients at the Newham Mental Health Unit in Beckton.

The charity shave took place in a salon at the Asda shopping complex in Beckton with Mayor Sir Robin Wales and Sheila's fellow councillors Neil Wilson, Farhad Hussain and Ayesha Chowdhury shaving the first locks.

Sheila said: "It is important the patients in the unit know that someone is thinking of them at Christmas. I have a new woolly hat to put on should the weather turn really cold."



The Mayor and Cllr Wilson help Sheila Thomas with the shave. Inset: Cllr Thomas.



Remembering a human hero

At the start of our full Council meeting last week councillors, officers and members of the public, impeccably observed a two-minute silence in celebration of the life of Nelson Mandela.

We heard an extract from his speech at the start of his defence case in the trial at which he was sentenced to life imprisonment. They were his last public words before he was released from prison in 1990 and they continue to evoke strong emotions and memories. He said: "I have cherished the ideal of a democratic and free society in which all persons live together in harmony and with equal opportunities. It is an ideal which I hope to live for and to achieve. But if needs be, it is an ideal for which I am prepared to die."

"His strength, dignity and overriding compassion for his fellow human beings lives on as a shining inspiration"

The death of Nelson Mandela is lamely said, but it offers us an opportunity to reflect on the incredible contribution he made as the world's greatest citizen. His strength, dignity and overriding compassion for his fellow human beings lives on as a shining inspiration. On behalf of all of

us I offer our condolences and eternal gratitude to the family and friends across the globe.

We flew the flags at half mast from our Town Halls in Stratford and East Ham as a mark of respect. Condolence books were opened for residents to convey their respects and we shall pass those books to the South African Embassy.

Mandela's story is ultimately what the essence of Christmas is about – forgiveness and reconciliation of all people. One of the ways he did that was his understanding of how sport can be a bridge that brings people together. This was most brilliantly illustrated in 1995 when South Africa hosted the Rugby World Cup.

From the beginning of the tournament Mandela made it his mission to get close to the mainly white players in the national teams. When South Africa defeated the New Zealand All Blacks to win the trophy Mandela wore a Springbok jersey and joined team captain Francois Pienaar in the celebrations. Under apartheid the Springbok emblem was reserved for white people. By wearing a jersey with that emblem he was showing that for all the wrongs the apartheid regime had done, Mandela could forgive and forget.

In less than two years Newham will host the South African team when they play at Stratford's Olympic Stadium.



Mayor's view

during Rugby World Cup 2015. That game now has added poignancy.

I took the opportunity to look at some of Mandela's Christmas messages to the people of South Africa. In 1993, the last Christmas in which his nation observed white minority rule, he said that Christmas should be a time of joy when families come together to celebrate the festive season and that New Year should be a time to look forward with hope and resolution.

In 1995 he said that while Christmas should be a time of deserved relaxation with loved ones, it is also a time for sharing, for remembering children who do not enjoy the care of parents or loved ones, and those who cannot fend for themselves or are in hospital or disadvantaged in many other ways.

We would do well to embrace those messages because amongst all the excitement that comes with the arrival of the country's biggest public holiday it's easy to forget that Christmas is a time for people to spend time with others, whatever their



religious beliefs – and that's what brought people together when we switched on our Christmas lights in East Ham, Stratford and Forest Gate this year.

Enjoy your Christmas, but also spare a thought for those who are

working over the holiday and also our armed services that serve and protect us throughout the year. On behalf of everyone at Newham Council, I wish you a happy, healthy and safe Christmas and a prosperous new year.



Comments from our books of Condolence

"Mandiba I watched you as a 17 year old. You walked to freedom to start the journey to equality for all my family. I have learnt so much, you will remain my father."

"You left a legacy larger than any other living being has ever left. You'll remain in our hearts eternally."

"Today we are a free nation because your struggle brought us freedom for all humanity RIP."

"You are an inspiration of strength and values. The whole world has learnt from your life. Thank you."

"The TRUE meaning of light! A TRUE and everlasting inspiration. God Bless."

"A man who showed the world that adversity can be overcome and peace can prevail. He will be sadly missed."

with Sir Robin Wales

Keep warm and well

As the weather gets colder, the demand on health services increases. Many people who go to Newham's accident and emergency (A&E) unit could have received quicker and more appropriate treatment elsewhere. Choosing the right health service will allow the A&E department to concentrate on those really in need of emergency treatment.

If you have an illness or injury that won't go away, like vomiting or backache, see your GP. If you have an urgent condition, most surgeries will make sure you have the chance to speak to a healthcare professional the same day. Newham also has a GP out-of-hours service.

Walk-in centres can treat most minor injuries including suspected broken bones, cuts and rashes. Your local pharmacist can advise on how to look after yourself at home and guide you to the most appropriate over-the-counter treatments.

To keep warm and well during cold weather:

Get your flu jab: Do so if you are 65 or over, pregnant, have certain medical conditions, live in a residential or nursing home or are the main carer for an older or disabled person.

Keep warm: Keep your main living room at 18-21°C (65-70°F). If you can't heat all rooms you use, heat the living room during the day and bedroom before you go to sleep. Draw your curtains at dusk and keep doors closed to block draughts.

Look after yourself and check on older neighbours or relatives: Wear several light layers of warm clothes and shoes with a good grip if you need to go outside. Make sure you have sufficient medication to cover the days that the surgeries are closed.

Eat well: Make sure you have hot meals and drinks regularly throughout the day and keep active if you can.

Get financial support: Seek grants, benefits and advice to make your home energy efficient, improve your heating or help with bills. Visit www.newham.gov.uk/energyefficiency

Check heating and cooking appliances: Carbon monoxide is a killer. Make sure flues and chimneys are swept.

For information about when it's best to use self-treatment, pharmacists, GP services and A&E visit www.nhs.uk or call 111. For local information you can also visit www.newhamcog.nhs.uk

The Newham GP Co-operative, which offers out-of-hours care, can be reached on 020 7511 8880.



Making history

Most people know Idris Elba as Stringer Bell from *The Wire*, or John Luther from the BBC TV series or a host of other roles that now includes the late Nelson Mandela, but Idris originally hails from Newham.

From Canning Town to Hollywood, Idris Elba's journey from the East End to global stardom is an extraordinary story, but one that is eclipsed by the subject of his latest film.

Just 24 hours before the Royal premiere of *Mandela: Long Walk to Freedom* the Newham Mag spoke to Idris Elba. We did not know that global events would soon overtake us, with the death of Nelson Mandela.

What are your memories of Newham?

I grew up in Canning Town and then moved to East Ham. Canning Town wasn't fun at that point because it was a big National Front area. It was tough and you had to stand up for yourself. I miss my great school there, Trinity, which was knocked down. I love coming back – my mum still lives in Newham and I'm always there. I never felt like I left it.

How did you get beyond the myth of Mandela?

I had to find out things about him that made him more human. As women as everyone thinks he is, in real life he was quite stern with his children. You can't imagine Nelson Mandela being treated like a slave in prison but that's what happened. He was also always firing with the lady journalists and he didn't mind getting into a debate. He would be polite but if your facts were wrong, he'd tell you. These are the things that influenced me so I could understand who I was trying to play.

Did you study his mannerisms?

I studied, but I interpreted a lot. I used my dad as a model for Mandela as a 70-year-old man, only because there would be similarities in the way they would move, gesture and so on. My dad passed

recently. He saw the film and he didn't recognise himself but he recognised all his brothers. It's my greatest piece of work and it's dedicated to him.

Where did you first hear the name Mandela?

It was in Newham at Trinity School. My dad was very much into what was happening with Mandela, very much an advocate for the fight. My dad was at Ford's and I think he did a petition for Mandela.

Are people surprised you're from London?

Less and less. I've done more roles in other accents than my normal accent. It was an amazing experience to play John Luther, an English character, with my own accent and be on British TV. It's great being on HBO in America but my mum just wanted me to be in EastEnders. This was the closest I was going to get.

What made you go into acting?

I think it comes from being an only child. When you've got two toys, you do two voices. I wouldn't want to go to bed because I would be in the Imaginary world playing with my toys.

What advice would you give young aspiring actors?

Understanding what it is you want to do and understanding there are many research tools, classes, workshops and people that are accessible. It takes getting off your phone and finding a drama course on a Saturday. The South Bank is a stone's throw away from Newham and it is such an opportunity. Everything I ever wanted to know about acting was in a library book.

Following Nelson Mandela's death, Idris issued a statement that said: "I am stunned, in mourning with the rest of the world and Madiba's family. We have lost one of the greatest human beings to have walked this earth. I only feel honoured to be associated with him."



To be in with the chance of winning a copy of the *Mandela Road* sign from Canning Town, signed by Idris, answer this question:

When was Mandela freed?

1. 1916
2. 1990
3. 2013

Email your answer, name, address and telephone number to newham.mag@newham.gov.uk or send it to Newham Dockside, 1000 Dockside Road, London, E16 2GU by Thursday 2 January.



With an Mberika in the top with
Mberika Komo in Mberika Mberika

New Year:

New Year is a time for resolutions that can make your life and your world better. This year why not think about zero waste.

At the core of zero waste is a simple concept: produce less waste.

It is something that we can all aspire to. We can all use fewer polystyrene cups and plastic containers. We can all choose products with less packaging. We can all recycle and compost more.

Zero waste might sound idealistic but it is born of a sobering truth – we cannot afford so much rubbish. Space to bury rubbish is becoming increasingly rare and expensive. Landfill tax for active waste is already £72 per tonne. It will rise to £30 in April 2014. Newham already spends £13.65m of your money disposing of household waste.

At no time of year is this more important than Christmas. At Christmas each person in the UK throws away an average of 60kg of rubbish. Collectively we use enough wrapping paper to reach the moon, and we throw away 250 tonnes of Christmas baubles.

Wrapping paper, trees, cans and plastic bottles can all be recycled.

For many residents sorting the recycling from the rubbish has already become a matter of course, but food waste is the next big thing.

Tips for reducing food waste and saving money

The best way to avoid food going into landfill is to avoid wasting food in the first place. Did you know that many families could save up to £50 per week by wasting

less food? Food takes lots of water and energy to produce, and wasting it adds to greenhouse gases. Here are some tips to reduce waste and save money.

- Buy only what will get eaten. If the kids won't eat sprouts, maybe try peas instead.
- Plan your portions – portion sizes are often smaller than you think – you might be able to buy less than you thought you needed.
- Fruit and vegetables all keep longer in the fridge (except bananas and pineapples).
- Got any leftover wines or sauces? Freeze them in ice cube trays and use them when you need them.
- If your Christmas pudding and cream isn't all eaten, you can make it into a delicious ice cream.
- Leftover cheese? Grate and freeze it, so you can just grab a handful whenever you need it.
- Anything else? Almost everything tastes good in an omelette.

For recipe ideas and money saving tips visit www.lovefoodhatewaste.com



Seasonal tips for recycling:

If you have a real Christmas tree, book a free garden waste collection, or take it to Jenkins Lane Reduce and Recycle Centre, Jenkins Lane IG11. Remember to remove all lights and decorations first.



You can put your wrapping paper into recycling, but foil or plastic gift wrap must go into your rubbish bin. You can also recycle your Christmas cards, or make them into gift tags for next Christmas. Recycle your cardboard, but flatten or tear it up before putting it into your bin to save on space.

To book a free garden waste collection or apply online at www.newham.gov.uk/greenwaste

For more information visit www.newham.gov.uk/recycle



No waste

What you can and cannot recycle:

It is really important that your recycling bin or bag is only used for recyclable material.

Waste item

✓ Yes please

✗ No thank you

Food and drink cans



- Food tins and cans
- Drink tins and cans
- Aluminum and steel cans
- Metal lids

Glass – take to your nearest recycling bank
Aerosols and paint tins*
Hypodermic needles or other sharp objects* dispose of in a sharps box or call 020 8430 2000 or in special collection
All other metals take to Jenkins Lane RFC

Mixed paper and card



- Newspapers and magazines
- Brochures and leaflets
- Telephone directories
- Junk mail and envelopes
- Other white household paper
- All cardboard – **new service**

Juice cartons – take to a special drinks carton recycling bank
Books – donate to your local charity shop

Plastic bottles



- Plastic squash bottles
- Fizzy drink and water bottles
- Plastic detergent and shampoo bottles
- Plastic milk bottles
- Please rinse all cans, and rinse and squash all plastic bottles

Glass bottles
- Mergaine tube*
- Yoghurt pots and lids*
Cling film*
Plastic meat trays*
Polystyrene*

*Place in rubbish bin

Take glass to one of the recycling bring banks in the borough.

Please do not put any food waste or nappies in your recycling. It contaminates the bin. For Christmas and New Year revised refuse and recycling collection times see page 8. To check recycling collection dates for your area please visit www.newham.gov.uk/MyNeighbourhood and enter your postcode into the search.

Starting school

If your child will have their 5th birthday between 1 September 2014 and 31 August 2015 you need to apply for a reception class place now.

The deadline for a reception class place for September 2014 is **15 January 2014**. If you miss this date you will have less chance of getting the school that you prefer. Pick up a copy of the autumn 2013 edition of the Starting School guide from any Newham Council operated nursery, infant or primary school.

Apply online, to apply on time.





Helping us help you

If you use any of Newham Council's services you'll want to know what's open and when during the Christmas break so that you can still get all your usual services, from reporting problems, to fitness classes and social activities.

Remember you can also now do a lot of things online, from renewing library books and reporting problems to booking a green waste collection for your Christmas tree. Just visit www.newham.gov.uk/MyNewham

Community centres

Newham's community centres will be open as usual on Tuesday 24 December, then closed from Christmas Day until Thursday 2 January.

Contact centre

Newham's telephone contact centre will be open as usual (Monday to Friday 9am to 6pm) apart from Christmas Day, Boxing Day and New Year's Day, when it is closed.

Customer service centres

Our customer service centres in Stratford and East Ham will be open until 5pm

on Christmas Eve and then closed from Wednesday 25 December until Thursday 2 January.

Leisure centres

East Ham Leisure Centre, E8 will be closed from Monday 23 December until Sunday 5 January 2014 while we make some exciting improvements, including adding state-of-the-art equipment, new activity areas and improved changing facilities.

Newham Leisure Centre, E9 will be closed on Christmas Day and New Year's Day and will have slightly altered hours of 6:30am to 5pm on Christmas Eve, and 9am to 5pm from Thursday 26 to Tuesday 31 December.

Bolton Leisure Centre, E13 will be closed Christmas, Boxing and New Year's Days, open 7:30am to 5pm on Christmas

Eve, and 9am to 5pm from Friday 27 to Tuesday 31 December.

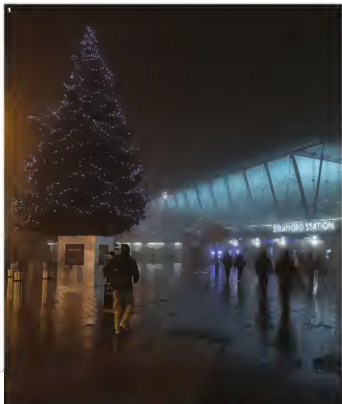
For more information about Newham leisure centres, including normal opening hours, visit www.activenewham.org.uk.

Libraries

Newham's libraries will be open as usual on Christmas Eve and closed from Christmas Day to Thursday 2 January 2014.

For full details about revised hours for Newham Council services over the festive period, including Newham Register Office and parking service, along with information about the borough's Christmas markets, please visit www.newham.gov.uk/christmas

For revised refuse collections please see page 8.



Newham in pictures



1 A Christmas tree in Mendon Square, E15 lights the way for weary travelers, bringing yuletide cheer to a foggy winter's day 2 Switching on the Christmas lights with the Forest Gate massive 3 Desperately in search of Santa in Stratford 4 'You hurt it and I'll play it' - Children from the Manor Park Schools Federation learn to play together with the Commonwealth Youth Orchestra 5 Priya Vaid of Credit Suisse helps bring food hampers for the elderly to the Resource Centre - Chargeable Lane - E13

Opening Offer
For NHS Patients

SpecStore Opticians

Now Open in Canning Town
www.specstore.org

- Free Selective Designer Frame
 - Free Eye Examination
 - Free Lenses including Bifocals & Varifocals
- FOR ALL NHS QUALIFYING PATIENTS**

Ask Instore About NHS Qualifying Criteria. Must Present Voucher At Time Of Purchase. Terms & Conditions Apply. Offer Only Valid At: SpecStore Opticians,
32 Barking Road, London, E16 1EQ Tel: 020 7476 4745

For Appointments Call 020 7476 4745

32 Barking Road, New Rathbone Market Development
Canning Town, London, E16 1EQ

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Ray-Ban

& Many More Brands Now In Stock



NEWHAM COUNCIL AND ROYAL DOCKS TRUST JOINT FUNDING FOR COMMUNITY PROJECTS 2014/2015

Newham Council and the Royal Docks Trust invite voluntary and community organisations, which serve the Docklands area of Newham (South of the A13 Newham Way), to apply for funding.

Priority will be given to projects that:

- contribute to the growth of personal, community and economic resilience in the area of benefit
- enable the community and voluntary sector to provide services contributing directly to the regeneration of the area and access to jobs
- include youth work and cultural, sports and leisure activities for children and young people
- benefit older people and/or disabled people and present sustainable opportunities to improve quality of life
- demonstrate value for money
- maximise long term benefits for local residents

For further information please
contact **Community Grants Team** on
020 3373 6019 or email:
communitygrants@newham.gov.uk

Application packs can be
downloaded from
the following websites:
www.newham.gov.uk/royaldockstrust
or www.royaldockstrust.org.uk

Closing date for applications:
5pm on Thursday
23 January 2014

Newham London



Litter is rubbish. This is true all year round, but even more so at Christmas. Let's make an extra special effort to keep our streets clean and attractive so that we can all enjoy the Christmas lights, the Christmas decorations and the Christmas cheer.

If you are out and about doing your Christmas shopping makes the extra effort to take your rubbish and waste packaging home with you, especially if you buy something to eat on the move.

And remember if you get caught dropping litter it is better pay your fixed penalty notice straight away than waiting to go to court where it will cost you around four times as much.

We all want to have an enjoyable litter free Christmas so as well as not dropping litter why not let us know if you recognise any of the hangers and Genches pictured on this page.

The pictures on this page show people who are responsible for dropping litter and other forms of anti-social behaviour. If you recognise anyone please call 020 3373 4479 and quote the reference number beside the picture.

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- you will not be required to provide your name
- you will not be required to leave your contact details
- you will not have to make a statement.

Don't put up with rubbish. Don't drop it and if you see it report it.

To get it cleared up report it online at www.newham.gov.uk/MyNewham



Ref: Dec18068



Ref: Dec14822



Ref: Dec14494



Ref: Dec14706



Ref: Dec14778



Ref: Dec14624



Ref: Dec1884



Ref: Dec18201



Ref: Dec18338



Ref: Dec18360



Ref: Dec18368



Ref: Dec18417



Ref: Dec18426



Ref: Dec18443



Ref: Dec18438



Ref: Dec18702



Ref: Dec18444



Ref: Dec18684



Ref: Dec18076



Ref: Dec18096



Ref: Dec18883



Ref: Dec181407

Please call 020 3373 4479 and quote the reference number by the picture.

CAUGHT ON CAMERA

A Christmas angel

This Christmas spare a thought for the members of our emergency services, who will be working throughout the holidays, to care for you if you need them.





Most days Newham University Hospital's Emergency Department (ED), formerly known as A&E, sees 200 to 240 people. Last year in the week from Christmas Eve to New Year they saw 2,187 people.

Shabana Ali is a Staff Nurse at the ED in Newham University Hospital. She was born in Newham and has lived here her whole life. This Christmas she will be on the front line, saving lives.

What is it like working over Christmas?

I worked last year and it got quite busy at times, because GPs are closed and anyone with a problem comes to the ED. But it was a nice atmosphere. The patients and their families are friendly and there is a festive feeling. They understand that a lot of staff have to leave their families at home and come to work.

Christmas Day was quieter, but the next day and the week after was busy. People often muddle through on Christmas Day itself and then they come to us. Often they are sicker on Boxing Day and the day after because they have ignored symptoms and some come because they don't know where else to go.

Demand rises during winter. When it gets really cold we see around twenty five per cent more people, mainly vulnerable groups.

Is there additional support during winter?

We have extra nurses and doctors available, not in vast numbers, but one or two more and there is which makes a massive difference. There will be extra beds at Newham and across Barts Health NHS Trust as a whole.

We have a winter plan with an additional £12.6m to help Barts Health's three EDs meet demand. Some of that will also fund community projects to try to prevent people, especially elderly patients, having to come to hospital in the first place.

Why do people come to the ED at Christmas?

We see a variety of things – from flu like symptoms to cardiac arrest and

shortness of breath. It varies day to day.

We also get people whose medications or prescriptions have run out. People should plan ahead and make sure they have enough medications for the Christmas break.

The 'blue calls' are our most urgent calls and in that week we only had about fifty or sixty, so most of our work was non-urgent.

Something like 40 per cent of people need no medical intervention at all. They just have a cold or a cough, something they could manage at home.

When should you use the ED?

If you have an actual emergency.

People are very subjective about emergencies. When something happens to you, it seems like an emergency, but we have to be specific about what an emergency is.

We define an emergency as a threat to life or limb. So if you are about to lose a limb or permanently lose function of a limb – that's an emergency. If your life is in danger – that's an emergency.

Everything else falls outside of that and should really go to Urgent Care rather than the ED. But if you think you have an emergency come to us and we will decide whether it is or not.

Choose well

Newham University Hospital's ED will be open over Christmas and New Year for critical and life-threatening emergencies. It is there for a very specific reason – to help save lives.

There are many non-emergency services where you can get quicker treatment closer to home. Find your local GP and pharmacy services by visiting NHS Choices www.nhs.uk.

Many common illnesses can be treated at home – keep paracetamol or aspirin, anti-diarrhoea medicine, rehydration mixture, indigestion remedy and a thermometer in your medicine cabinet.

If your GP is shut the Urgent Care Centre at Newham University Hospital provides care from 6am to 11pm.

If you need help fast, but it is not an emergency, call NHS 111.

Musical youth

A music project by the Manor Park Schools Foundation celebrated the Queen's Baton for the Commonwealth Games arriving in New Zealand.

Pupils came together to hear a performance by members of the Commonwealth Youth Orchestra, find out about New Zealand and to learn how to perform together.

Sally Shebo, Director General of the Commonwealth Youth Orchestra, said: "Newham's Every Child a Musician (NECM) is an absolutely brilliant innovation. For children to be given free instruments and musical tuition is absolutely fantastic. What we want to do is complete the circle, to make an orchestra and a choir out of the NECM students."

The project is aiming to take students from the Olympic borough to perform at the Commonwealth Games in Glasgow 2014.



Win Wedding Show Tickets

To celebrate their 10th year the London ExCel, Wedding Show at London ExCel, on 11 to 12 January is offering readers of the Newham Mag the chance to win one of ten pairs of tickets.

With a wide variety of big name exhibitors the show will also feature stunning costumes showcasing the latest bridal and wedding wear, a champagne bar, and the Expert Theatre where you can get advice on all aspects of wedding planning.

To be in with the chance of winning a pair of tickets answer this question: **Which of the following does not mean to get married?**

1. Got hitched
2. Jump the broom
3. Cut the knot



Email your answer, name, address and telephone number to newham.mag@newham.gov.uk or send it to Newham Dockside, 1000 Dockside Road, London, E16 2GU by Thursday 2 January.

Tickets to the show cost £5 before midnight on January 10, or £10 on the door. To book tickets visit www.thefirstweddingshows.co.uk.

Trustees wanted

House Mill, the largest tidal mill in the world, is looking to recruit new trustees to support its transformation into a unique heritage destination.

The ESM works will restore the House Mill water wheels and heritage machinery to working order, install contemporary turbines to generate hydro-electricity and ensure the sustainability of the House Mill into the future.

The River Lea Tidal Mill Trust (RLTMT) need enthusiastic people with a range of skills including: project management, finance/fundraising and law. They are especially keen to attract members of the local community.

Apply with CV and covering note to: John Haggerty at info@housemill.org.uk

Discover Christmas

Get ready to have some fun and stories because Discover Children's Story Centre, 303-307 High Street, Stratford, E15 has a fantastic holiday programme.

- Journey to Space - until Sunday 5 January
- Christmas Claytone - until Sunday 5 January
- Snowmation - until Sunday 5 January
- Toys and Tots - from 7 January
- The Gruffalo - Saturday 11 and Sunday 12 January - 12.30, 1.30 and 3pm
- The Tiger Who Came to Tea - Saturday 18 and Sunday 19 January - 12.30, 1.30 and 3pm
- Booby and the Beast - Saturday 25 January - 2.30pm

Open Tuesday to Friday 12 to 1pm and 3 to 5pm, Saturdays, Sundays 11am to 5pm and open every day during the school holidays.

ChildWeb & Co. Family of four: £10, Newham residents £4.00, Under 2s FREE.

Call 020 8336 5500

www.discover.org.uk

Discover



Tash-tastic coppers

Throughout the month of November police and support officers from Newham give motorcycles and raised money for the November month's health campaign.

So far Newham officers, staff and volunteers have raised more than £1,400.

To sponsor the Newham Police team visit <http://uk.november.com/team/1106021>

New year, New skills



Interested in learning a new skill? Want to start a new hobby? Why not pop along to the Gainsborough Learning Centre (1 Hamilton Road, West Ham, E15) Thursday 2 to Friday 3 January, between 10am and 2.30pm.

They are running taster days including: cup cake and cake decorating, visual arts, ESOL, maths, fashion and textiles. You will also be able to find out about any other courses that are running.

The centre is also offering courses for adults with learning difficulties and disabilities starting on 5 January including: cookery, puppet making, money managing through maths, ICT, art and craft.

Enrolment takes place: 10am to 4pm, Friday 3 January.

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry. We
cannot return any entries.



Lucy



James Edwards



Lucy



James Edwards



James Edwards

Free membership at Stratford Picturehouse

This issue's winner receives free annual family membership of Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize, send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2GU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Colour-me-in Crossword



Across

1. At Christmas, he has a secret for a horse (7)
6. Harry Potter's is called Hedwig (3)
8. Fish-eating water creature (3)
9. The postman delivers them (3)
10. World's highest mountains (7)
11. Brimmed hats on Rudolph's head (7)

Down

1. Document which combats treason and which features a Christmas scene (4,6)
2. This Norwegian city presents a Christmas tree to London each year (4)
3. People kiss under this plant at Christmas time (3)
4. Christmas gift (7)
5. It is decorated with lights, baubles and tinsel (4)
12. Road used (4)
13. Genuine (4)
14. Christmas decoration (4)



Kate Greenway



William Smith



Thomas Smith

WHAT'S ON?

20 DEC
- 17 JAN

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

With the New Year looming why not try out snow sports? Each of these three clubs is offering a first lesson for free if you give them a try in January.

1

Newham Archers - Why not give archery a shot with the Newham Archers? For full details call Norman Gash on 07539 509 400 or email sewhamarchers@aol.com

2

Beesley - Get your fitness on the first look with boxing at West Ham ABC. For full details call Lianne Jamison on 020 6472 3654 or email liannejamison@yahoo.com

3

Ramsgate - Count good health with a game of badminton at Ramsgate Badminton Club. For full details call Kilar Bains on 07803 634 027 or email Ramsgate.bc@gmail.com

Look out for our New Year edition on 17 January for more on how to improve your health and fitness in 2014.

MENTION THE MAG...

Newham residents are being offered longer credit on their food bill at Aron's Theobald's Parish hall, if you have to do so in the 2014 Newham Mag. If you spend more than £80 you can get another 10% off.

Aron is his a family business who specialises in authentic Indian food. They're just opened as we feel sure it's brought him and their staff, who have 25 years experience, who he is bringing his own spices and new recipes to Newham.

Offer valid until 31 January 2014. Aron's Theobald's Parish hall, 172 Forest Lane. For book call 020 3857 8043 or visit www.aronrestaurant.co.uk



TRY SOMETHING NEW... SNOW PEOPLE

Why not get in the mood for Christmas by peeping down to Snow People - an exhibition of unique and humorous photographs capturing the moment we let our inner child take control and create something beautiful.

This exhibition by Sima Malik captures the art that everybody does - making snow people. It is an exhibition full of wit and charm, it will bring a smile to your face and make you giggle.

Snow people runs until Sunday 12 January at Stratford Circus Theobalds Square, Pk3, E11 1JF.

www.stratford-circus.com



Indicates free sessions

ARTS AND ENTERTAINMENT

Comedy Night

Mon, 8pm: Theatre Royal, Garry Refill Sq, E15. Visit www.theatrefordcost.com/ comedy night

COMMUNITY LEARNING

Knit & Natter

Adult group. Fri 10am-12noon, Canning Town
Wed 10am-12noon Becontree

UNDER-FIVES LIBRARY ACTIVITIES

Interactive Storytelling

Fri 10-11.30am, East Ham

Toy Library

Tues, 10am-12noon, East Ham

Storytelling

Mon 10.30-11.15am

Custom House

Mon 11am-12noon

Beckton Globe, Stratford

Tues 10.30-11.30am

Custom House

Tues 11am-12noon

The Gale, Stratford

Thurs 2-3pm, North Woolwich

Parkside, Green St

Fri 11am-12noon

Manor Park, Stratford

Homework Club

Ram and only Mon 4-6pm

Stratford, East Ham, North Woolwich

West, 3.30-5.30pm, Green St

Manor Park

Thurs 4-6pm, Custom House

Forest Gate, Parkside

Fri, 3.30-5.30pm, Becontree

Canning Town

OTHER LIBRARY ACTIVITIES

Adult reading group

Thurs 2-Jan, 6.45pm, Parkside



Book to be decided

Over-50s Club 
Thurs, 10am-12noon,
Buckton Globe

Chess Club 
Thurs, 5.30-7.30pm, Stratford

Employability Skills 
ESOL class with a focus
on creating a CV and
communication skills for work
Mon, 12.30-2.30pm, The Gate

**Skills Rethink Family Arts
Club (3-12yrs)** 
Sat, 12noon-4pm, The Gate

ESOL Class 
Tues, 9.30-11.30am, The Gate
English classes, women only

Writing Group
Last Thurs each month,
5.45-7.30pm, The Gate

Writing for fun
A ten week course introducing
creative writing. Fri, 1-3pm
Stratford Library. Free for people
on Jobseeker's Allowance (JSA)
or Employment and Support
Allowance (ESA). £10 concession
for other benefits recipients. £20 for
all other residents. Enrolment: 20
Dec, 2, 3, and 4 Jan at Forest Gate
Learning Zone. Call 020 8557 4880

Reading for fun
A ten week course introducing
English literature. Sun 2-4pm,
Stratford Library. Free for people
on Jobseeker's Allowance (JSA)
or Employment and Support
Allowance (ESA). £10 concession
for other benefits recipients, £20 for
all other residents. Enrolment:
20 Dec, 2, 3, and 4 Jan at
Forest Gate Learning Zone. Call
020 8557 4880

EXTRA ACTIVITIES



Hub Art Classes 
8-11yrs: Tues 4.30-6pm
7-12yrs: Thurs 4-6pm
Adults: Thurs 2-4pm
The Hub, Call 020 7473 5249

**Royal Docks Learning
& Activity Centre**
Men, Employment Support
sessions, by appointment only

Tues / Healthy Cooking Group
10am-12noon, £1
Parent and Toddler group,
Tue, 10am-12noon
Over-50s computer classes
11am-1pm, £1

Weds: Coffee Morning 
9.30-11am
Keep fit class: 10-11am, £1
Learn to Earn - Employment
Support Drop-in, 7-9pm
Sewing Classes, 10am-12noon, £1
English support for Work
12noon-1pm
Shop and drop (50+) 10-15am
Thurs: De CH, £2 first
session free 10-10.30am-12noon
Learn to Earn, 11.30am-1pm
Royal Docks Learning &
Activity Centre, Albert Rd, E16
Call 020 7476 9322

Table Top Sale
Sell your goods: £5 a table
Last Sat of every month: 9am-3pm
Jack Conwell Community
Centre. Call 020 5552 3459

Grama Classes (6-11yrs)
£3 if you book the classes
Every Tuesday: 4.30-6pm, The
Hub. Call 020 7474 5278

Drama Workshops (3-5 yrs)
Wed, 10-11am, £3
Grassroots Memorial Park,
E15. Call 020 7474 6376

Music Therapy 
Term time sessions to help
develop interaction with children
Thurs 3-4pm, Shreevatsa
Children's Centre, Manor Park
Call 20 3373 6050
Fri, 2-3.15-3.15pm or 3.45-
4.45pm, Susan Lawrence
Children's Centre, Manor Park
Call 020 3373 7257
www.newham-music.city.uk

BOXING AND SELF DEFENCE



Boxing

Mon, Wed, Fri 5-6pm
West Ham Boys ABC 6-yrs
The Black Lion, 59-61 High
St, E13. Call 020 8472 3614
Mon, Wed, 5-6pm
Preston ABC, 8-yrs,
Carlton St North, E16

Call 020 7511 3759
Mon, Wed, Fri, 6-7.45pm
Newham Boys ABC
6-yrs: Old Bath House
141 Church St, E15
Call 020 6519 5882
Fight For Peace 11+
Woodman St, North Woolwich,
E16. Call 020 7474 0254

Gambus Kids Gloves
Adults and kids
Tues, 6-7pm
Thurs, 6pm-12pm
Sat and Sun 11am-4pm
Trad TKO Boxing Gym, Gellan
House, Stephenson St, E16
Call 020 7474 3759

Punch Out (16+yrs) 
Tues, 5-6pm, Kathana Rd
Community Centre, 254
Kathana Rd, E7. Email
protect@newham.gov.uk

Shoulin Karate
Fri, 6-7pm and 7-8.30pm
Sun, 10-11am. Under-15s £4
18-yrs £2, concession
Wed (during term time only)
4.30-5.30pm
Newham Shoulin Karate Club,
Newham Leisure Centre
Call 07508 070 638

Gecklands Karate Club
First session free. Mon, 6.20-
8.20pm. Under-15s £4. 16+
£6. Concession £2. Sports
Dock. Call 07766 685 509

Tang Soo Ge (5+yrs)
Sat, 1-2.30pm, 7.30-8.30pm
The Hub, E16. £5 - family
discount available
Call 07725 548 436 or email
ace_rusell@hotmail.com

**Map, Skip and
Punch (16+yrs)** 
Tues 4-5pm, Kathana Rd
Community Centre,
254 Kathana Rd, E7
Call 020 8548 9825

Gurumu Taekwondo
Mon and Wed, children
6-7.30pm, juniors and adults
7.30-9.30pm. Monaga Primary
School, Holford Rd, E12.
Call 07507 703 740



JFF Karate (5+yrs)
For children and teens
Mon, 5-6.30pm. Wed,
5-6.30pm. The Harley Centre
Call 07818 000 643

Kickboxing
Mon, Wed and Fri,
6.30-8.30pm. Trad TKO
Boxing Gym, Stephenson St,
E16. Call 07544 573 927 or
email eastlondonkickboxing
@gmail.com

HEALTH AND FITNESS



Bootcamps 
Disruptive Bootcamp
parent and child (7-12yrs)
Tues 6-7pm. Child is free
Indoor/outdoor
Brixton Village Hall,
£5. Evelyn Rd, E16
90 Day Boot Camp Challenge
Outdoor
Mon and Thurs, 7.15-8am,
Tues and Thurs, 7pm, Central
Park, High St South, E8
Tennis Boot Camp (13+yrs),
Weeks 5.30-6.30pm
Thomas Garrier Park
Barnet Point, E16. Email
info@disruptivephysio.co.uk
or call 07594 625 402

Bootcamp (men only)
Thursdays, 7.30-8pm, £5
Langdon School Sports
Centre, Sussex Rd, E6
Call 07818 000 643

Zumba classes

Thurs 7-8.30pm. London
Tamil Sangam, 389 High St
North, E12. £5. Wed, 7-8pm
Hathaway Community Centre,
Hathaway Cross, E12
Call 07720 805 905



Yoga

Tues, 6.10-7.10pm, Pt, 10.30-11.30am, £3.50 £3.50 concs The Hub Weds, 6.45-7.45pm The Unleash Church, West Ham Ln E15
 Call 07966 808 007 or visit www.yogacore.co.uk

Gale 7 Yoga

Yoga Tues 10am, £5 Forest Tavern 179 Forest Lane E7
 Yoga Tues, 7pm, £5, Forest Gale Methodist Church, E7 Ladies Only Keep Fit Weds, 10am E7, Chancide East Centre Chancide Road E15
 Ladies Only Keep Fit, Thurs, 10am, £1.50, Rokeby Centre, Rokeby St E15
 Sow & Grow, Thurs, 6.30pm £5, Yoga Play Abbey Lane E15
 Yoga, Fri, 10am, £5, Forest Tavern, 179 Forest Lane, E7
 Call 07950 944 095
www.gale7yoga.wordpress.com

Twisted Pink

Street Dance (7-14yrs), Thurs, 5.30-6.30pm Singing, Thurs, 6.45-7.45pm Street Dance (15+yrs), Fri, 6-7pm All sessions £3
 Wesley House, Herbert Rd E12
 Call 07934 513 307,
 visit www.twistedpink.org.uk
 or visit twistedpinkaddition.com

Zumba

Mon and Thurs 6.30-7.30pm £3
 Fleamton Community Centre 63 Queens Rd West E13
 Call 07916 327 541

Zumba Fitness with Jess

Weds, 7.15-8pm, £3.50 Moorage Lane Community Centre, Gower Ct, E15

Call 07709 020 965

Zumba Circuits

Sat 9.30-10.30am E4, Community Resource Centre 360 Chesham Ln, E13
 Call 07939 179 587

Unity Zumba

Mon and Thurs 8-8pm Hartley Centre 257 Barking Rd, E6
 Tues, 8-9pm, and Thurs, 8.15-9.15pm St Mark's Community Centre, 218 Tolgate Rd, E6
 Sun, 8.30-7.30pm, West Community Centre 49 Moorage Ln E6 £5 per person
 Call 07955 684 573 or email unityzumba@btinternet.com

TENNIS

Indoor Tennis, Thurs, £3 10-16yrs - 5.30pm, 16+yrs - 6.30pm The Hub, Newham Leisure Centre
 Call 020 3373 9000

50+ ACTIVITIES

Newham LGBT Dinner Club First Thurs of every month, 6-8pm Free but you pay for your own dinner Theatre Royal Stratford East Bar E15
 Call 020 7529 0447

Newham Striders

Daily walking group
 Call 0844 414 2728

Ballroom Dancing

Mon 10am 12noon St Paul's Church Centre Burgess Rd E6 £2.50 per session
 Call 07761 208 483

Nordic Walking

Wed, 9.30am Meet at Lord Lister Health Centre, Forest Gate not suitable for wheelchairs, £2
 Call 07763 680 429
 Fri 6.30-8pm Meet at Newham Leisure Centre
 Sun, 10-11.30am, Meet at East Ham Leisure Centre

GREEN

Garden Club

Tues 1-3pm Thurs 4-7pm

Sat, 10am 4pm, Abbey Girls, Bowers Row E15

Gardening Thymes Gardening Club

Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

DOORSTEP CLUBS

Gym & Basketball (14+yrs)

Tues, 6-10pm, £2 Rokeby School, Barking Rd E16

Stunt & Tumble (14+yrs)

Thurs 7.30-8pm £3 Talent Choir & Dance Gallions Reach, Armada Way E6
 Call 07955 612 610

FEMALE SPORTS

Call 0844 414 2728 unless otherwise stated

DanceDance (12-18yrs)

Street dance, Fri 3.30-5.30pm, Newham Leisure Centre

Girls Spinning Sessions (11-15yrs)

Tues and Thurs, 5-5.30pm Newham Leisure Centre

Female Only Gym Sessions

Tues and Thurs, 3.30-5pm 11-16yrs Mon 3-4pm 16-20yrs Newham Leisure Centre

Female Boxfit Classes (14+yrs)

Mon 4.15-5.15pm Balam Leisure Centre Call 07970 769 526

Girls Football (11-18yrs)

Tues, 3.30-5.30pm, Newham Leisure Centre

Shella's Yummy Mummy Buggy (16+yrs)

£5 Mon 10-11.30am, Central Park High St South E16 meet outside cafe in the park
 Fri 10-11.30am Freshet Park, Freshet Gty, E6
 Call 07908 614 968 or email spoleen@bt.com

Janice's Fitness (16+yrs)

Tues and Thurs 9.30-10.30am Soca and Zumba £5 St George and St Ethelbert

Church Hall, Burford Rd, E6 Email info@janice.co.uk or call 07818 000 643

Zumba, Soca and Salsa Fusion

Mon, 6.45-7.45pm £5 The Hartley Centre
 Call 07918 000 643

Seniors' Circuits (16+yrs)

Tues and Fri, 10-11am, £4, Rokeby Christian Centre, 94 Upton Ln, E7
 Call 07763 293 106

Body Blast (16+yrs)

Tues 6.30-7.30pm £5 Weds 12.30-1.15pm £5 Thurs 12.30-1.15pm £5 Fri (in holiday) 6.30pm-7pm, £2.50 Fitness membership £30 enables you to come to all classes for whole month Talent Centre Unit 27A, 3 Armada Way, Gallions Reach Shopping Park E6
 Call 07966 612 610

Abx Blast (11-18yrs)

Thurs, 5.30-6pm, £3 10, Newham Leisure Centre

Women United AFC (11+yrs)

Mon (term time only) 6-7.15pm E1, Kingsford School E8
 Call 07762 932 978

Just Play (16+yrs)

Wed, 6.30-8pm, multi-sport session (term-time only) NewWic Call 0844 414 2728

Just Play (14-16yrs)

Wed, 6.30-8pm multi-sports (term-time only) NewWic Call 0844 414 2728

Get Back into Netball

Tues 6-7.30pm, juniors, 7.30-8pm, seniors, £2 Lister Community School St Mary's



Rd, E10. Call 07717 281 229

Women's Badminton

Fri 7-8.30pm, East Ham Leisure Centre. £2 equipment provided. Call 07930 162 505

Keep Fit - Stay Fit

Sat 10-11am, £3.50 Jack Cornwell Community Centre. Call 07735 054 116

Bodyshape Fitness

Zumba for women. Thurs 7-8pm. £4. Durning Hall Community Centre, Eastham Grv. E7. Call 07939 179 587

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Family Swims for Disabled Children and Adults

Sat 4.30-5.30pm. Newham Cetus Swimming Club, Newham Leisure Centre. Call 07931 788 788
Sun 12-30.30pm, Family Swim, Boleyn Leisure Centre, E5. Call 020 7476 5274

Swim for Families dealing with Autism

Wed 4-5pm. Boleyn Leisure Centre. Call 020 7476 5274

Get Fit for Free

Tues 1.30-3.30pm and Fri 10am-12noon. Free gym use for people with learning disabilities. Newham Leisure Centre. To book an induction call 020 7511 4477

Disabled Athletics (8-16yrs)

Tues 4.15-6.15pm, Clapton Manor Roman Rd. E6
Thurs 4.30-5.50pm, St. Anne's Ursuline School, 1 St. George's Rd. E7
(Email: enquire@englandathletics.org)

Ability Club (11-25yrs)

Multi-sports for disabled young adults. Weds 5.30-8.30pm and Fri 4.45-6pm. NewVic

Trampoline Sessions (U19s)

Tues 4.30-5.30pm, U18yrs. Newham Leisure Centre. Call 020 7511 4477

Mixed Swimming Sessions for Adults and Children

Wed 10am-12noon. East Ham Leisure Centre. Call 020 8548 5830

Sensory Play

For children under 5 with special needs: speech and language delay or physical disabilities. Term time only. Fri 10-11.30am, Oliver Thomas Children's Centre, Mathews Ave, E6. Email: kelly.holdsworth@oliverthomasnewham.sch.uk. Call 020 8821 0897

RUNNING

East End Road Runners

Tues and Thurs 7pm. Sun 9am. Meet on the track, coached sessions for all abilities. Newham Leisure Centre. Call 07939 261 647

Run England

All sessions are £2 unless stated. Sun 10am-12noon, Newham Leisure Centre. (meet on track). Mon 4.5-5.30pm. Newham Leisure Centre (meet on track). Tues 5.45-6.45pm. Newham Dockside. E16 (meet at reception). Weds 7pm. Newham Leisure Centre (meet on track). Weds 12noon-1pm, Newham Dockside. E16 (meet at reception). Thurs. Fri. 5.15-6.15pm. UEL Docklands Campus. E16 (meet at reception). Sat 10-11.30am. East Ham Cricket Park. E8 (meet at the café). 10-11.30am. Winterset Place. E12 (meet at Harrow Rd Changing Pavilion). 10-11.30am. Memorial Park. E15. E4 (meet at car park). Call 07718 304 574

Beckton Park Run

Sat, Sun. Beckton Park. South E16. Call 07718 354 756. www.parkrun.org/beckton

SPORTS

BMX

Sun 10am-12noon, 8-16yrs, £3/£2 members/£10 annual

membership. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615 or email: paul.fanning@activeNewham.org.uk

Indoor Rounders (14-yrs)

Weds 7-8pm. E1. UEL SportsDock. E16. Call 020 3373 9000 or email: paul.fanning@activeNewham.org.uk

Indoor Cricket (8-16yrs)

Weds 6-8pm, E2. UEL Community School, St Mary's Rd, E7. Email: paul.fanning@activeNewham.org.uk

Swimming (5-16yrs)

Newham Young Britons ASC. Sat 6.15-7pm. E2. Newham Leisure Centre. Call 07966 304 518

Woodside

Badminton Club
Fri 7.30-9.30pm, intermediate and club standard. £5. Waxed/£3 unwaxed, Carpenters Docklands Centre. 98 Gables Rd. E15. Call 07966 781 676

Newham Swords (4-7yrs)

Tues 6-8pm. Thurs 6-8pm. Fri 7-10pm. Classes for adults (18+) and mini pirates (4-7yrs) also available. UEL SportsDock. Call 07966 618 698

Table Tennis

Thurs 6.30-8pm. Beginner and intermediate adults. Stratford School, Upton Ln, E15. Call 07978 577 718 or email: genny.harris108@btinternet.com

Badminton

Thurs 7-8pm (8am time only) £5 for a court and bring a racket. Little Bird School, Browning Rd, E12. Email: margin_phd@hotmail.com or call 07944 117 253

FOOTBALL

Mayor's Football League

U10yrs, U12yrs, Mon 4.30-6pm, U16yrs, U18s. 6-16yrs. Newham Leisure Centre



activeNewham Premier League (16-yrs)

6-a-side (f sub). Weds 7-10pm. Newham Leisure Centre. Visit: www.activeNewham.org.uk

WNU Kickz

Football. Mon, Tues, Fri 12-15yrs, 4-5.30pm, 16-19yrs, 5.30-7pm. Girls, Mon 4-7pm. The Hub

Football/Gym Session Thursday 6-7pm. Little Bird Learning Zone, 1 Rectory Rd. E12. Football. Thurs 5-6pm, Stratford MUGA. Football/Winter. Sat, 10.30am-12noon. Newham Leisure Centre

Football & Multi-Sports

Mon 5.30-7pm, 8-19yrs. Weds 5-7pm, 8-19yrs. Stratford Park MUGA, West Ham Ln, E15

5-a-side Football

Weds 5-6.30pm, 8-19yrs. Forest Park, Forest Park Rd. E16. Thurs 5.30-7pm, 8-19yrs, Royal Victoria Gardens, Pier Rd. E5. First Sat of the month, 10am-1pm. U12s, U14s, U16yrs. Roeham Park, Roeham Grv. E6

Football & Multi-Sports (8-19yrs)

Sat 9-3.30pm, 8-19yrs, Winsor Park, Winsor School MUGA, East Ham Manor Way. E6

Air Football (16-yrs)

Tues 1-3pm and Fri 10am-12noon. Memorial Park, Mermaid Ave. E15. Fri 3-5pm. Beckton Powerhouse, E6. Visit: www.airfootball.co.uk



Football

Little Lord Youth Club,
Rectory Rd, E12

Basketball & Multi Sports 🏀
Fri 5 & 6:30pm 8-18s, Snowhill
MUGA, Snowhill Rd, E12

COMMITTEE MEETINGS

All meetings take place at
Newham Town Hall, Marling
Rd, E6, unless specified

Tues 7 Jan, 7pm,
Negotiation and Employment
Scrutiny Commission,
Committee Room 2
**7pm, Health and Social
Care Scrutiny Commission,**
Committee Room 1

Tues 14 Jan, 7pm,
Children and Young People
Scrutiny Commission,
Committee Room 1
**7pm, Residents' Housing
Scrutiny Group,** Committee
Room 2

**Weds 15 Jan, 7pm, Audit
Board,** Committee Room 1
Thurs 16 Jan, 5pm,
Cabinet, Council Chamber
**6:00pm, Mayoral
Proceedings, Council
Chamber**
7:30pm, Governors Forum,
Council Chamber

Visit www.newham.gov.uk/committee for updates.

CONTACT THE MAYOR

Mayor's walk in surgery
Magistrates for surgery to
within the 30 minutes before
advertised start time
Tues 14 Jan, 9am
The Place 2 Silverdow Way
London E16

**Mayor's Telephone
Surgery**
Weds 8 Jan Please call 020
8430 2000 between 9:30am
and 10:30am and ask for the
Mayor's telephone surgery or a
member of staff can take your
details and arrange a callback

LIBRARY CONTACTS

Beckton Globe
1 Kingsford Wy, E8

Canning Town Barking Rd, E16
Custom House
Pinco Ragent Ln, E76
East Ham High St South, E8
Green Street 337-341 Green St
The Gate 6 & Woodgrove
Rd, Forest Galls, E7

Manor Park
685 681 Hamford Rd, E12
North Wooditch
5 Pear Parade, E16
Plaistow North Street, E13
Stratford 3 The Grove, E15
Archives and Local Studies
(printed postal and email service
only) call 020 3373 6681
email: archives@localstudies@newham.gov.uk
**Community Outreach
Services** To find out more call
020 3373 0819

CENTRE CONTACTS

Balham Leisure Centre
Balham St, E73
East Ham Leisure Centre
324 Barking Rd, E6
The Hartley Centre
267 Barking Rd, E6
The Hub 123 Star Ln, E16
**Jack Cornwell Community
Centre** Jack Cornwell St, E12
Newham Leisure Centre
261 Pinco Ragent Ln, E73
NewVic Pinco Ragent Ln, E13
UEL Sports Desk Docklands
Campus, University Way, E16

All listings may be subject
to change, please contact
individual events and
activities before attending.

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— one website. Visit
www.newham.gov.uk

Call Newham Council on
020 8430 2000

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payments quickly and easily
online. To register or log in
visit [www.newham.gov.uk/
mynewham](http://www.newham.gov.uk/mynewham)

Ascension Football Academy

E3 School years Reception to
T11s; Sat, 10-11:30am
King George V Park
King George Ave, E16
Call 07066 004 925

Men's Health Football Fitness Sessions

Sat, 10-11am, West Ham United
Community Training Facility
60a Albert Road, C5
Call 020 7473 7724

BASKETBALL

Youngbloods Basketball

All sessions cost £7
U12s: mixed, Sat, 1-3pm
East Ham Leisure Centre
U13/14s: boys, Mon, 6-8pm,
St Angela's School, E7
Tues, 5:30-7:30pm
Newham Leisure Centre
U14s: girls, Mon 4:30-6pm,
St Angela's School, E7
Tues, 5:30-7:30pm
Newham Leisure Centre
U15/16s: boys, Tues, 6-8pm
East Ham Leisure Centre
Rt, 6-8pm, St Angela's School, E7
U17/18s: boys, Tues, 8-9:45pm
East Ham Leisure Centre
Thurs, 7-9pm, St Bonaventure's
School, E7 Fri 6-8pm, St Angela's
School, E7 Call 07066 307 637

Newham All Star Sports Academy (NASSA)

Sessions are £7 unless
indicated otherwise
Weds 4:30-6pm U13-14
6-8pm, U16-18
8-10pm Senior Men
Thurs, 4:30-6pm U13-14
6-8pm, U16-18

8-10pm, Senior Women, E2
Fri, 4:30-6pm U13-14
6-8pm, U16-18
8-10pm Senior Men Run, E2
Sat, 10:20am-12:20pm, Junior
boys and girls, 9-14, E2
All sessions take place at UEL,
Docklands Campus, Call 07703
503 995 or 07712 176 301
Visit www.nassasports.org.uk

National League

Mon, 6-8pm U13/14s,
Rokaby School,
Barking Rd, E16
Tues, 6-8pm U15/16s
Rokaby School
Barking Rd, E16
Thurs, 4:30-6pm,
U13/14s boys, U14s girls,
Newham Leisure Centre,
Pinco Ragent Ln, E13
6-8pm, U16s
Newham Leisure Centre,
6-8pm, U16s, Cumberland
School, C5en C15, E13

Gifted and Talented

Fri, 4-5:30pm
Cumberland School,
C5en C15, E13

Senior Programme

Men, 7:30-9:30pm
Division 2 Women and Division
3/4 Men, Rokaby School
Canning Town, E16
Call 07847 401 616

3v3 Basketball League

Thurs, 5-7pm, 6-18s, Forest
Gate Youth Centre, Woodford
Rd, E7
Fri 7-9pm 8-18s, Little Lord
Rugby Zone, Rectory Rd, E12

3v3 Basketball Competition

2nd Set of the month
10am-1pm, U12s/U14s/U16s,

NEWHAM FIRST MONDAYS

We are offering free professional advice to Newham residents on a range of subjects. Advice from theatre staff includes...

- Developing your creative ideas
- Writing a business plan
- Organising an event
- Fundraising
- Design & making
- Jobs in theatre and in the arts
- Marketing and press

First Monday of every month, 5pm - 7pm
No booking required

**SPRING
DATES FOR
2014**

6 Jan, 3 Feb,
3 Mar and 7 Apr.



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